

Back To Work?

Often because of divorce, widowhood, or financial difficulties, homemakers who have spent most of their adult life taking care of a home and family must enter the labor force either for the first time or after a long absence. These job seekers are often called "displaced homemakers."

Get the Help You Need

If you are returning to work after a long absence or making a first-time employment search, the labor force may seem like a scary place. Fortunately, help is available. If you meet the **all** following requirements, you may be eligible for special help under Utah's Displaced Homemaker program:

- You have been a homemaker for a period of eight or more years without significant gainful employment in the labor market and your primary occupation during that period of time was the providing unpaid household services for family members.
- You find it necessary to enter the job market but you are not reasonably capable of obtaining employment sufficient to provide

for your own self-support or that of your dependents, because you lack the marketable job skills or other skills necessary for self-sufficiency.

- You have been dependent on the income of a family member and have lost that income or have depended on governmental assistance as the parent of dependent children, and are no longer eligible for that assistance.



The purpose of the Utah Displaced Homemaker program is to provide services to people with barriers to employment because they are displaced homemakers. Services are provided either directly by the Utah Department of Workforce Services or through a referral, and include:

- Employment and skills training, career counseling, and placement services specifically designed to address the needs of displaced homemakers.
- Assistance in obtaining access to existing public and private employment training programs.
- Educational services, including information on high school or college programs, or assistance in gaining access to existing educational programs.



- Financial management services which provide information on insurance, taxes, estate and probate matters, mortgages, loans, and other financial issues.
- Prevocational self-esteem and assertiveness training.

To find a Utah Department of Workforce Services Employment Center near you check out: jobs.utah.gov/regions/ec.asp

Special advice

If you don't qualify for the Displaced Homemaker Program, other help is still available at the Department of Workforce Services. And, of course, all the job-hunting resources in this publication can help you in your job search.

Also, keep in mind that you do have skills that an employer will value. In her book, *If You've Raised Kids, You Can Manage Anything*, Ann Crittenden recommends starting with a skills inventory. List all of the transferable skills you have picked up informally, including volunteering at schools, churches, and other nonprofit groups. Have you been involved in fund raising, recruiting and directing volunteers, publishing newsletters, publicity, Web page creation and maintenance, etc? Parenting skills could include financial management, organizational skills, mediating, negotiating, motivational speaking, tutoring, child psychologist, event planning, catering, and household procurement.

After you list your skills, you'll want to put together a functional resumé to start your job search. Functional resumé describe your skills, abilities and accomplishments that relate to the job you're applying for. Employment history is less detailed than in chronological resumes. For instructions on preparing a functional resumé and other tips see: www.doleta.gov/uses/tip4jobs.pdf.

The Good News

What is the good news? You've been given a chance to re-invent yourself. Take advantage of this forced opportunity to make a great career choice and find additional fulfillment in life!

